

My Winter Plan

If we are affected by severe weather this winter, it is important to have a plan should you feel isolated or become stranded at home. The following will help you compile a list of useful information that you should keep handy and refer to should the need arise.

Ask a couple of family members or friends to call you to check you are okay and you can also check on them:

Name:	Phone No:
Name:	Phone No:
Name:	Phone No:

If I need assistance, people who can come to me are:

Name:	Phone No:	Task:
Name:	Phone No:	Task:
Name:	Phone No:	Task:

Keep a list of important telephone numbers:

Emergency Services	Dial: 999
Viewpoint Housing Association— when office is open	Dial: 0131 662 4247
Viewpoint Housing Association— when office is closed and there is an emergency	Dial: 0800 783 3615 or pull your emergency cord
NHS 24	Dial: 111
SEPA Flood line	Dial: 0345 988 1188
My doctor	Dial:
My insurance company	Dial:
My Local Authority	Dial:
My Local Pharmacy	Dial:
Social Care Direct	Dial:
Food Delivery Services	Dial:
	Dial:
	Dial:
	Dial:
	Dial:
My social worker or care worker (if you have one)	Dial:

Check the weather forecast so you are prepared for bad weather:

My local radio station is:	It is on frequency:



Viewpoint opening hours over Christmas and New Year

Thursday 24 December 2020	9am - 4pm
Friday 25 December 2020	Closed
Monday 28 December 2020	Closed
Tuesday 29 December 2020	9am - 5pm
Wednesday 30 December 2020	10am - 5pm
Thursday 31 December 2020	9am - 4pm
Friday 1 January 2021	Closed
Monday 5 January 2021	Closed

Offices back to normal working hours from Tuesday 5 January 2021

If you have an emergency when the office is closed either

Telephone 0800 783 3615

Or Pull your emergency cord for your alarm call system

My Emergency Kit

Pack a small emergency kit. It can be a good idea to prepare in advance should there be severe weather and a power cut. You may not be able to go to the shops or have groceries delivered. You may want to think about stocking some essentials...

- Battery radio with spare batteries, or a wind up radio
- First aid kit
- Bottled water and ready to eat food/ tinned food and tea/ coffee
- A torch with spare batteries
- Pet supplies (food and litter)
- Additional toiletries
- Additional medications, (over the counter and prescription)
- Manual can opener
- Thermos flask
- Hot water bottle
- Extra blankets
- Hat, gloves and scarves
- Reading materials such as books and magazines, puzzles, crosswords etc.
- Additional pay- as-you- go meter cards for your gas and/or electricity meter
- Additional mobile phone credit (and ensure your phone is charged)
- Grit or salt for melting ice on paths/doorsteps

Remember to keep this list in a safe place so you can refer to it if necessary.